



“EFFECT OF SPORTS PARTICIPATION ON AGGRESSION BETWEEN MEN AND WOMEN KHO-KHO PLAYERS”

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ABSTRACT

The purpose of this study was to compare the psychological variable namely aggression between men and women Kho-Kho players. To achieve the purpose of this study one 50 players of and Kho-Kho games studying in the Department of Physical Education and Sports Sciences, Gulbarga University, Kalaburagi, Karnataka, were randomly selected as subjects. Among them 25 men players and 25 women Kho-Kho players with an age of the subjects were ranged between 18 to 24 years were selected as subjects.

Aggression was assessed by using standardized test item Smith's aggression test questionnaire and it was statistically analyzed by using 2 x 2 factorial ANOVA. Whenever, the obtained 'F' ratio value for interaction effect was found to be significant, the simple effect test was applied as follow up test. In all cases, the .05 level of confidence was fixed to test the level of significance which was considered as an appropriate. There was significant difference between men and women players on selected psychological variable namely competition aggression irrespective of their games Kho-Kho and gender(men and women).



KEYWORDS: Psychological, aggression, men and women Kho-Kho players.

INTRODUCTION

There is a decent amount of empirical data on the physical benefits of martial arts training; the psychological and social effects are more obscure. The effects of long-term martial arts training are still being investigated, and there have been a number of interesting studies. Most of the studies that have been conducted are similar in showing that martial art training generally causes positive psychological and social adjustments.

Aggression is defined as behavior aimed at causing harm or pain, psychological harm, or personal injury or physical distraction. An important aspect of aggressive behavior is the intention underlying the actor's behavior. Not all behaviors resulting in harm are considered aggression. For example, a doctor who makes an injection that harms people, but who did so with the intent of preventing the further spread of illness, is not considered to have committed an aggressive act. Aggression can be direct or indirect, active or passive, and physical or verbal.

Aggression in sports has been traditionally focused around the usefulness in providing an outlet for suppressed and angry behavior, society wants to control violence in our society, Lorenz (1966) clearly opined that states that “the prime task of sports today falls in the cathartic discharge of angry drive” in sports today

aggression plays important role , according to research it is apparent that sports is perhaps the only setting in which acts of interpersonal aggression are not tolerated, but enthusiastically applauded by large segments of society. e.g. Tenebaum, Stewart, Singer and Duda (1996), Tenebaum,et al, 1996 defines aggression as the infliction of an aversive stimulus, either physical, verbal ,or gestural upon one person by another

Professional sports are becoming increasingly more violent, social psychologist have discerned a number of influence that may be involved. Sports players have scripts for resolving problems arise, they immediately seek to act , aggressively if necessary another influence is the violence inherent in our society and the media.

Aggressive behavior is categorized further according to the primary reinforcement sought via the aggression. Hostile aggression is exhibited with the intent to injure the target. Seeing this goal accomplished is reinforcing itself. Thus, hostile aggression is an end rather than a means. Instrumental aggression also involves the intent to injure. However, when instrumental aggression is exhibited, seeing pain or injury is not the primary reinforcement. In instrumental aggression, the aggressor desires to acquire some extraneous reward such as victory, money, or prestige. Thus, instrumental aggression is a means to an end. An important point to note is that whether hostile or instrumental aggression is being exhibited there is still intent to injure. They are both forms of aggression; the difference is in the primary reinforcement sought. In sport, both forms of aggression occur. Often a player can exhibit a legal behaviour such as a tackle in football with the intent to injure the ball carrier. The act of tackling is implicit in the sport of football. The intent to injure the opponent is outside of the constitutive boundaries of the sport.

HYPOTHESIS:

It was hypothesized that majority of elite men Kho-Kho players will exhibit higher magnitude of sports emotional intelligence.

METHODOLOGY:

The following methodological steps were taken in order to conduct the present study. To achieve the purpose of the study one 50 players of Kho-Kho games studying in the Department of Physical Education and Sports Sciences, Gulbarga University, Kalaburagi, Karnataka and India were randomly selected as subjects. Among them 25 men players 25 women Kho-Kho players. With an age of the subjects were ranged between 18 to 24 years.

STATISTICAL TECHNIQUE

The collected data's were statistically analyzed by using 2 x 2 factorial ANOVA. Whenever, the obtained 'F' ratio value for interaction effect was found to be significant, the simple effect test was applied as follow up test. In all cases, the .05 level of confidence was fixed to test the level of significance which was considered as an appropriate.

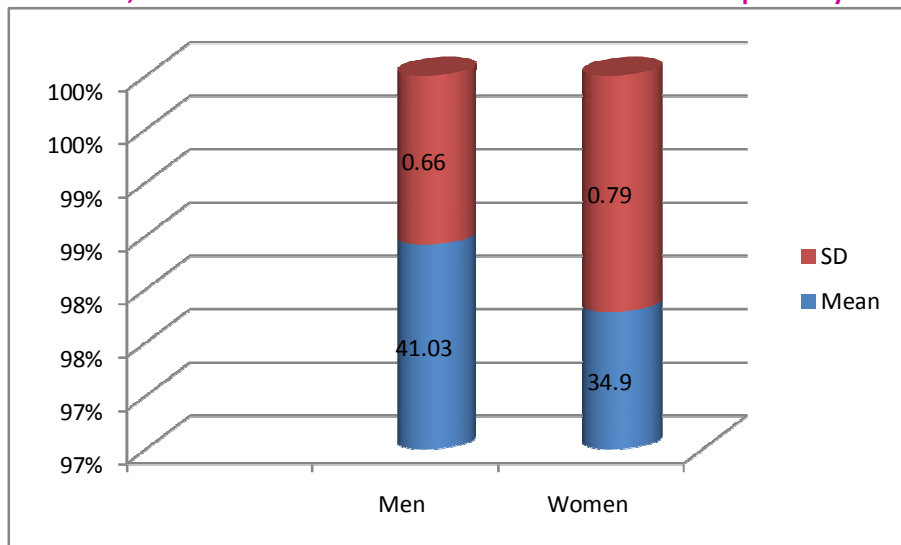
ANALYSIS OF THE DATA

The mean and standard deviation values on aggression of men and women Kho-Kho players have been analyzed and presented in Table 1.

Table 1: The mean and standard deviation on aggression of men and women Kho-Kho players

Gender	Mean	SD
Men	41.03	0.66
Women	34.90	0.79

Table 1 shows that the mean values on aggression of men and women Kho-Kho players were men mean 41.03, and SD 0.66 and women mean 34.90 and SD 0.79 respectively.



CONCLUSIONS

Based on the results of the study, the following conclusions were drawn; there was significant difference between men and women players on psychological variable aggression irrespective of their games Kho-Kho. There was significant difference between men and women kho-kho players on selected psychological variable aggression.

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